Cognitive Behaviour Therapy

Personality disorders are characterized by rigid inflexible patterns of thinking and behaviours that cause stress throughout one's life. There are eleven major personality disorders:

Anti-social
Avoiding
Borderline
Dependant
Histrionic
Narcissistic
Obsessive compulsive
Paranoid
Schizoid
Schizo-typical
Others such as depression and anxiety

Anti-social

Avoiding:

- Fear of criticism
- Fear of rejection
- Sensitive to criticism
- Poor or lacking social skills
- Fear of humiliation
- Feeling inferior
- Feeling unattractive or handsome
- Cautious or overly cautious about new activities
- Mild depression.

Borderline

- Not sure of actual examples

Dependant

- Decisions are made for you
- You avoid disagreements and usually are a "yes man"
- Lack of confidence in making decisions

Histrionic:

- Attention grabbing
- Full of emotional changes
- Mild depression involved

Narcissistic:
- A superior opinion of oneself
- Constantly in need of admiration and compliments

Obsessive compulsive
- Order and control have to be maintained.
- Neglect socially to finish a task
- Hoarding
- Unwilling to compromise
- Overly conscientious

Paranoid
- "There's someone behind you. No, really. There's someone behind you."
- Distrust of reality

Schizoid
- Frequently do tasks by yourself.
- Unusual thoughts

Schizotypical
- Relationship difficulties
- Eccentric behaviour
- Social blunting
- Inappropriate conversations

Behaviour Therapies:

Cognitive Therapy
- Automatic thoughts
- Over generalization
- The past affects the future

Behavior Therapy
- Classical conditioning
- Pavlov & Skinner
- Reward and punishment

Cognitive Behaviour Therapy
- Combinations of the above
- Core beliefs

Core Beliefs (Values? Ethics, Morals)
(This is my version of Core Values. Write out your own version)

I don't recall dealing with core beliefs and was told I was confusing this with Core Values. Some beliefs are innate. So I have to ask myself; what do I believe in anyway? And are these beliefs the same as our Human Rights?

I believe that men and women are equal and should be treated the same or similar and with the same respect. I believe a man should never hit or assault a woman unless your life is threatened or it is in self-defence. My Father instilled that idea in his children. I believe that every human, regardless of age, should be listened to for their opinions and others opinions should not be forced upon them. There should be a mutual and not a one-sided understanding. I believe it's a woman's choice in regards to abortion and a choice should not be forced upon them because of parental ideas or religious beliefs. This goes for marriage as well. FGM should be abolished but I feel male circumcision may be good for health reasons. I believe in the pursuit of happiness but not at the expense of others. I believe in free love and polygamy (both ways) even though I have been known to get jealous and possessive at times. I believe in being selfless and charitable and giving people the benefit of a good deal such as selling a house for it's worth and not necessarily for the market value. I believe that it is better to give than to receive and the old "12 Scout Laws.". I believe in aliens or at least other beings have been here before us shaping our future and genetics. God, Allah, Jehovah, El O him, Baal etc. had to be real at some time in the past. I believe that we are not alone. I strongly believe in Synchronicity and the six degrees of separation.

Ray Bradbury's Fahrenheit 451 taken in Grade XIII and my High School Credo:

My Credo: "*Everyone must leave something behind when he dies. A child or a book or a painting or a house or a wall built or a pair of shoes made, or a garden planted. Something your hand touched someway so your soul has somewhere to go when you die, and when people look at that tree planted, you're there. It doesn't matter what you do so long as you change something from the way it was before you touched it into something that's like you when you take your hand away.*" Ray Bradbury

Problem Analysis

Steps for analysing of Problems

1 What is the problem?

2 Who or what is involved?

3 What happened? What bothers you?

4 Where does the problem occur?

5 When did it occur?

6 How did it happen and is there really a problem?

7 What do You think happened?

8 What else is of importance in this situation?

9 how does it make you feel?

10 What outcome do you want to see in the situation?